

Manchester 2021 Para Powerlifting World Cup

Team Information Webinar

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Creating a bubble

- The 'bubble' is designed to reduce the amount of contact you will have with anyone who is not involved in this competition
- Everyone inside the 'bubble' will be staying in the event hotel, and will be subject to the same testing regime
- This includes lifters, coaches, technical officials, event staff and suppliers
- We are all responsible for protecting each other by staying inside the bubble

Before travelling to the UK

- Every person in your team must complete the Passenger Locator Form online before you arrive in the UK
You have been sent a link to complete this form online
- Every person in your team must take a PCR test within 72 hours of leaving your home country
- This applies to every person travelling to the UK



When you arrive in the UK part 1

- You must carry your Travel Exemption Letter with you and provide it when you arrive in the UK
 - The LOC will provide this letter closer to your travel date
- Every person in your team must provide evidence of a negative Covid-19 PCR test when you arrive in the UK
- Evidence must be in English, French or Spanish language. You may be fined £500 if you cannot provide this evidence

When you arrive in the UK part 2

- If you need a visa to enter the UK you should carry your paperwork with you
- When you have completed passport control you can contact the LOC on WhatsApp to be escorted to the hotel.

We will provide the contact number closer to the time

- The distance from the airport to the hotel is approximately 15 minutes on foot or in a wheelchair. It is the same as for the 2020 competition

Check in and testing procedure part 1

- Team Managers will be taken to the welcome desk and check in their whole team, they will be given accreditation at this point
- The whole team will then go into the testing centre and complete the testing protocol
- After testing each person will check in to the hotel and go straight to their room
 - If a person tests positive for Covid-19 they will be taken to a separate part of the hotel where they will need to self-isolate for 10-days

Check in and testing procedure part 2

- Each team must provide a credit card before they travel to the UK for the hotel to cover any unforeseen costs
- Every person will be given a personal event pack when they arrive. This will include hand sanitiser, a face covering, an individual chalk block and container, a copy of the event code of conduct
- Catering will be according to bodyweight category in order to keep smaller groups of lifters together during the event
- This means your team may not all eat together at meal times

Transport

- Transport to the competition venue will only be available to lifters who are competing, plus one coach per lifter, and technical officials.
- If you are not competing or coaching a lifter you will not be able to travel to the competition venue or leave the hotel grounds
- All of the busses will have reduced number of people on them at any time, and will keep all windows open to increase ventilation
- The bus drivers take a Covid-19 test every 3-days

Training, Warm Up and Competition

- Training will be according to bodyweight category, the same as catering, with one coach per lifter maximum
- This means your team may not all train together
- We will provide a detailed training schedule closer to the event
- The training schedule will be closely monitored and people will not be allowed to enter the training area if they are not on the schedule.

- Training equipment will be cleaned after each training session
- Warm up equipment will be cleaned after each competition session
- Competition equipment will be cleaned after every attempt

General hygiene and safety measures part 1

- From the moment you arrive in the UK you must follow 2 metre social-distancing at all times
- The only time you can be closer than 2m to another person is an athlete and coach during training, warm up or competition OR an athlete and a therapist
 - In this situation you must ensure you are using Personal Protective Equipment, for example: face covering, gloves etc

General hygiene and safety measures part 2



- The LOC will provide hand sanitiser throughout the hotel and competition venue for you to use
- Face coverings must be worn at all times when you are in a public space in the UK unless you have a medical reason not to wear one. If a member of your team cannot wear a facemask for a medical reason you should contact the LOC to inform us



Questions